

Counseling Center guides students with dilemmas

Students can receive help in three major areas from the Counseling Center in Cauffield Hall: education, personal concerns, and decision-making.

According to David Sundberg, director of the Counseling Center, in the educational area, students may need help with "those skills (he) would need to survive in college". These would include how to read a textbook, study for a test, budget time, improve general study skills, talk with professors and deal with test-taking anxiety.

The counseling is all voluntary and at no cost to the student.

In the area of personal concerns, Sundberg said students often need help in dealing with conflicts with significant other people. For example, dealing with a new roommate often requires help which is "akin to marriage counseling," he said. The counseling center also provides human sexuality counseling such as help with dating skills, pregnancy counseling, and dealing with sexual values.

Other personal concerns include loneliness and shyness. Indeed, "any human concern experienced in the process of growing and developing can be included in this category Sundberg explained.

The third major area of counseling is that of decision-making. That is, career planning, choosing a major and other important decisions of this sort. The counseling center, Sundberg said, works to "help a student examine the variables affecting his choices."

Students may receive help on either a one-to-one basis or in groups such as the study skills group. The study skills group is a 10-part seminar which includes time management, effective note-taking, preparing for exams, using textbooks and other resources and essay writing ability.

Other groups include career exploration groups, assertion training groups, communication skills groups, and a permanent weight control group. All of these groups are designed to help the students to deal with problems. For example, in the permanent weight control group, overweight is not seen as the problem in itself, but is, Sundberg said, seen as the "symptom of patterns of behavior in one's life." Once the behavior is corrected, the symptom will take care of itself. The weight control group is also open to those who, though not overweight, want to learn correct nutritional habits.

The counseling is all voluntary and at no cost to the student. To join a group,

most of which begin by about the third week of each semester, students may sign up at the Counseling Center in Cauffield Hall.

Sundberg and Richard J. Long, of the Counseling Center, work at three levels as psychologists: guidance, counseling and therapy.

The guidance approach, Sundberg said, is "mainly informational" and used to "attain some goal or accomplish some task," such as learning what the requirements are in the various course areas.

Counseling, Sundberg explained, is the "majority of our work. People who have pretty normal developmental concerns in their lives" come to the center, which then serves "as a catalyst." "Students who want to develop social skills, become more assertive, learn how to argue more effectively--just make developmental changes," come to the center to take advantage of counseling.

The therapy approach is "for more disruptive occurrences," Sundberg said, such as "severe depressions, feelings of suicide, or some trauma, because of a death in the family, perhaps."

Confidentiality will be maintained in all cases except where outside help is needed such as in cases when a student is clearly suicidal or is about to physically harm another human being.

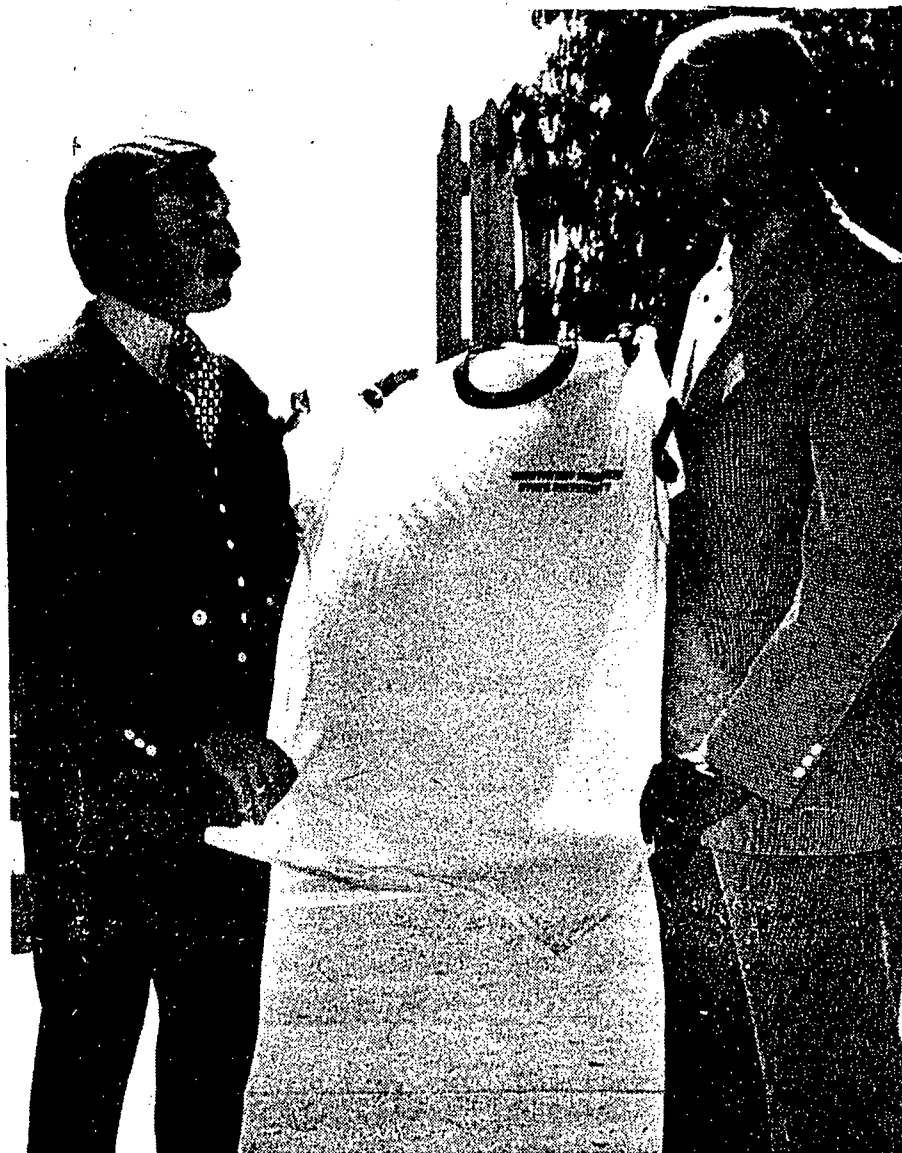
The Counseling Center also conducts special workshops for groups such as leadership training and resident assistants workshops. Sundberg said that "if any group or organization sees a need for some type of group, we will try to set up a program for them." Any group interested in doing so should contact Sundberg for further information.

Presently, Sundberg said, the center is "engaged in long term research studying the reasons for students dropping out of the University."

They provide human sexuality counseling such as help with dating skills and dealing with sexual values.

Another of the center's current projects is concerned with the new English 111 program. "Our object of cooperation with the English Department is to increase the number of freshmen that we'll see next year."

Last year, the center saw 436 students, which was a six-fold increase over the 73-74 school year. Over half of these were in the personal problem category, with 159 in the various groups and 277 in one-to-one situations with the counselors.



Freshmen enrolling for the first time this fall are receiving T-shirts from the University to help them more quickly identify with their new campus home. Displaying the white knit shirts, with green trim and featuring the University's name, are University Vice-president for Student Development Dr. John Mees, right, and Director of Admissions Charles Yeatch. Dr. B.D. Owens, NWMSU president told the University freshmen in a recent letter, "Identifying with your new environment is a most important part of your college educational experience." He said the University was presenting the T-shirts "in order to help you begin this experience." Freshmen are encouraged to wear the NWMSU T-shirts when they arrive on campus, beginning Aug. 28. As Dr. Owens put it, the T-shirt "will help us identify you as a newcomer to our campus and speed the process of room check-in. It will also help you to become acquainted more quickly with your classmates."

Freshmen receive T-shirts

Freshman students enrolling for their first University experience this fall at Northwest Missouri State University will have a distinctive look when they arrive on the Maryville campus.

Each of the pre-registered enrollees is being presented with a white and green NWMSU T-shirt and University officials are encouraging the newcomers to wear the shirts when they arrive on campus.

In a letter to the freshmen, University President Dr. B.D. Owens said, "Identifying your new environment is a most important part of your college educational experience," thus he explained the rationale behind the T-shirt program. He continued, "We encourage you to wear your NWMSU T-shirt to help us identify you as a newcomer to our campus and speed the process of our campus and speed the process of room check-in. It will also help you

become acquainted more quickly with your classmates."

Not only is the University providing freshmen with the white and green shirts, but the students have been given the opportunity to buy up to four additional shirts at cost for brothers, sisters and close friends.

As a stimulus to wearing of the shirts during the first few days, the University's Union Board is sponsoring a program of prizes to be presented to freshmen wearing the T-shirts. Although details are being kept confidential, the Union Board's student members will be out on campus to present the gifts for such things as the first T-shirt wearing freshman to walk through the Memorial Bell Tower during a specified period of time, the first frosh to walk across the University's famed "Kissing Bridge," and for other pre-specified activities.

PRESIDENT'S MESSAGE



Welcome:

Twenty-one years ago I had the considerable pleasure of enrolling in my freshman year on this campus and beginning a series of rewarding educational and professional experiences. As President of Northwest Missouri State University today, it is an even greater pleasure to welcome you to this campus.

As I quickly learned in the late 1950's, this University has a proud academic tradition and a heritage of excellence. We are dedicated to building an even greater University upon these solid foundations. Northwest Missouri State University has an objective to provide you with opportunities in a wide variety of academic, social, cultural and entertainment programs designed to help develop the whole person in a quality living-learning environment.

We want you to take advantage of the many programs available and to dedicate yourself not only to your personal growth but to strengthening our society. Excellence is our goal and we know it is yours.

We are all excited about your future potential and hope that this academic year will exceed your expectations. Please accept my warmest regards and best wishes for a most successful academic year.

B. D. Owens
President

FIRST WEEK SCHEDULE OF EVENTS

August 28--Sunday

Halls open--1:00 p.m.
Dinner on your own.
Student Union Open House--5:00-10:00 p.m.
Hall Orientation in Halls--7:00-8:00 p.m.
Union Board presents a movie (Horace Mann Aud.)--8:00 p.m.

August 29--Monday

Food service opens
Breakfast--7:00-9:30 a.m.
Pre-registered students verify registration in Lamkin Gym--8:30 a.m. to 3:30 p.m.
Pre-registered students pick up textbooks (upstairs in Wells Library) 8:00-4:30 p.m.
University Shuttle Bus between campus and town (service of the Greater-Maryville

Chamber of Commerce)--9:00 a.m. to 4:00 p.m. (every half-hour)

ACE survey--required of all freshmen(Administration Building Auditorium)--10:30 to noon Lunch served--11:00-1:30 p.m.

Activities Fair (Union East Den)--2:00-4:00 p.m.

Transfer Student Orientation(Lower Lakeview Room, Union)--4:00 to 5:00 p.m.

Faculty-Student Forum (Union Cafeteria)--5:00-6:30 p.m.

Welcome Address--President B.D. Owens (Ad. Bldg. Aud)--7:00 p.m.

Small group Seminar (Meet your student host for a "how to" on NWMSU campus--8:00-10:00 p.m.

August 30--Tuesday

General Registration (Administration Building)--8:30 to 3:30 p.m.

Back to School Dance featuring the "Liquid Fire"(Hi Rise Parking Lot)--8:00 p.m. to 11:00 p.m.

August 31--Wednesday

CLASSES BEGIN

Adult Student Orientation(Lower Lakeview Room, Student Union)--3:30 to 5:00 p.m.

Campus health center provides student services, medical aid

Diagnosis and treatment of injuries and illnesses, as well as preventative services, are available at the Student Health Service, located in the center of the North-South Men's Dormitory Complex.

The office is open from 8 a.m. to 5 p.m. Monday through Friday (except holidays) and provides after hours and weekend emergency services.

On hand to help all students and staff members are Dr. Desmon Disney (MD), Barbara Sherer (BSN), Diana Schweitzer (RN) and Kae McClurg (Secretary). Each of them will give professional and/or personal help to all NWMSU students within the limitations of their time and expertise.

Monetary support for these services comes mainly from the General University Fund and there are no charges for office calls and treatment by the

University doctor at Maryville's St. Francis Hospital. There are minimal charges for lab tests, Pap Tests and prescription drugs.

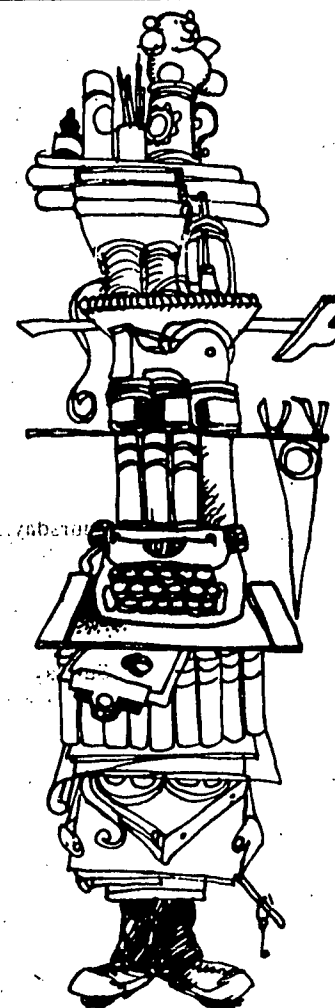
All records are kept confidential and cannot be released to anyone without the students' written permission. One of the major services of the Student Health Service is to provide information and treatment in the area of sex, human reproduction, birth control, pregnancy, abortion and related problems. There is no fee for pregnancy testing and venereal diagnosis and treatment.

Students also have the option of participating in the accident and sickness insurance program provided by the University. They must join within 30 days of the opening of the school year and membership in this program helps defray expenses in cases of hospitalization and outpatient, X-ray and lab requirements.

Caught in a Bind?

Have a decision to make but can't make up your mind?
Thinking about choosing or changing a major?
Feel too shy to meet others?
These and other concerns can be worked through with one of the staff in the **Counseling Center, Cauffield Hall.**

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**HAS ALL
YOUR CAMPUS NEEDS**

J.W. Jones Student Union
Phone 582-5151

STUDENT LEADER'S WELCOME NOTE

On behalf of the Student Body, I would like to take this opportunity to welcome you to Northwest Missouri State University. I'm confident you will agree that this is one of the finest educational institutions within the State of Missouri. The learning experiences, whether they be social, emotional or strictly educational, will be of great benefit to you as you journey down the pathways of life.

College life includes learning to make decisions on your own. As a result of making your own decisions, you will acquire a sense of responsibility that will continue to grow within you. The greater the degree of responsibility you attain, the better prepared you will be to face life as it is in the real world. There is much more to a college education than just books.

One of the most important contributions you can make to yourself and your school is to become involved and take an active role in designing your own future. Joining one or more campus organizations is an excellent way to achieve this goal.

In closing, I would urge you to take advantage of all the many opportunities here at Northwest Missouri State University. You will get out of any endeavor only what you put into it so make the most of your college years. Always strive to maintain faith in God and in yourself. The sacrifices that you make now will be paid back with interest much sooner than you may think.

Rex Gwinn
President, Student Senate

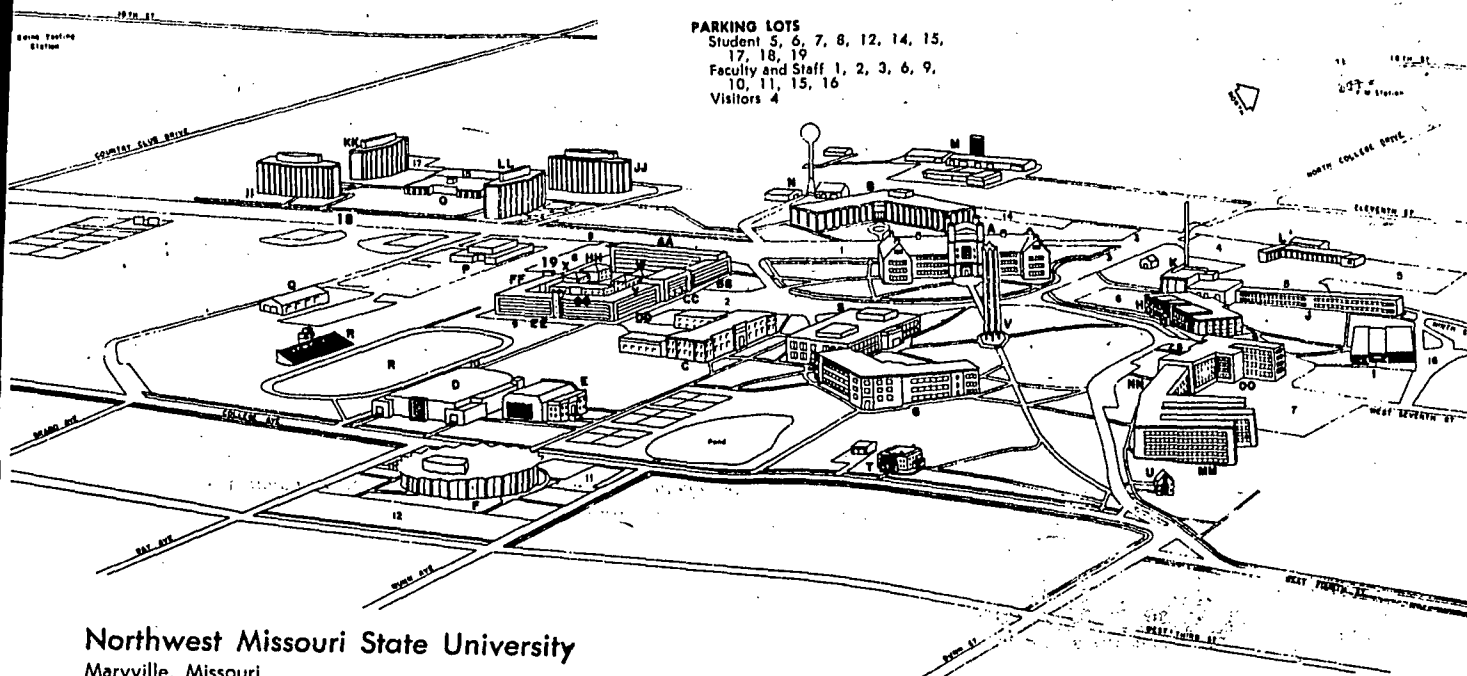
Advisers help students attain success, growth

Keeping in close contact with your adviser is important to all student, particularly freshmen. The function of an adviser is not merely to sign a student's schedule at registration time, but "to help a student make choices and to provide support throughout his college career," according to David Sundberg of the Counseling Center.

"When a student graduates," said Sundberg, "It's helpful to have someone who knows them well enough to provide a recommendation. Research has shown that developing a relationship with an adult member of the college community facilitates a student's stay and growth."

Once a student has passed the freshman year, the responsibility for making out a good class schedule falls upon him, but if there are any doubts, he should consult with his adviser. Also the student must be sure to always check the catalogue to make sure that he is choosing the right courses. Mistakes might result in a delayed graduation.

If a student wishes to change advisers, a new procedure has been instituted by the office of the registrar. A student may pick up a change of adviser form in the registrar's office anytime during a registration period. The old adviser must sign a release for it, and transfer any relevant files. The new adviser must then sign the form, after which the form should be returned to the registrar's office.



Northwest Missouri State University
Maryville, Missouri

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C Horace Mann School
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J Industrial Technical Ed.
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Y Student Personnel Offices
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1977-78 ACADEMIC CALENDAR

First Semester

Freshman Orientation	Sunday-Monday	August 28-29
Faculty Meeting	Monday	August 29
Registration	Tuesday	August 30
Classwork Begins	Wednesday	August 31
Labor Day Recess	Monday	September 5
Mid-Semester Exams	Wednesday-Tuesday	October 5-11
First Block Ends	Friday	October 21
Homecoming	Saturday	October 22
Thanksgiving Recess Begins	Tuesday 9:00 PM	November 22
Thanksgiving Recess Ends	Monday 7:00 AM	November 28
Study Break	Tuesday until noon	December 13
Final Exams Begin	Tuesday 1:00 PM	December 13
Final Exams End	Monday 9:00 PM	December 19
Semester Ends	Tuesday	December 20

Second Semester

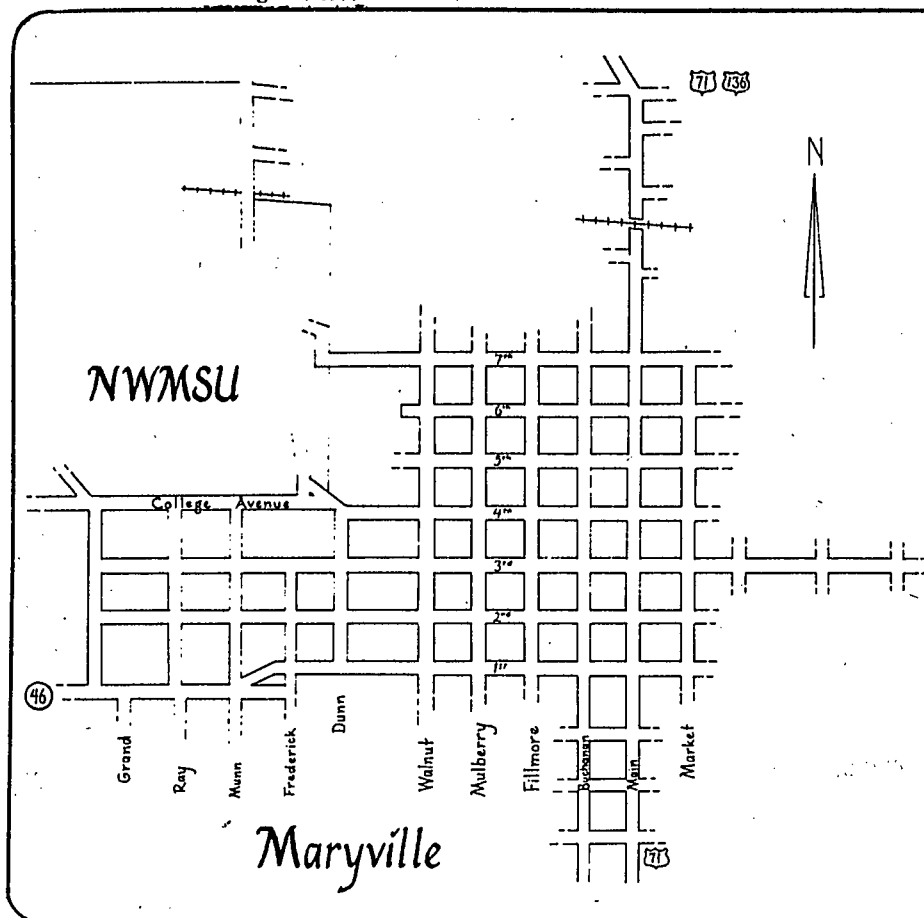
Faculty Meeting	Monday	January 9
Registration	Tuesday	January 10
Classwork Begins	Wednesday	January 11
Mid-Semester Exams	Wednesday-Tuesday	January 15-21
First Block Ends	Friday	March 3
Spring Recess Begins	Saturday 12:00 PM	March 4
Spring Recess Ends	Monday 7:00 AM	March 13
Easter Holiday Begins	Thursday 9:00 PM	March 23
Easter Holiday Ends	Tuesday 7:00 AM	March 28
Study Break	Wednesday until noon	May 3
Final Exams Begin	Wednesday 1:00 PM	May 3
Final Exams End	Tuesday 9:00 PM	May 9
Commencement	Sunday	May 7
Semester Ends	Wednesday	May 10

May Intersession - See Summer Schedule of Classes

Summer Session

Registration	Monday	June 5
Classwork Begins	Tuesday	June 6
Fourth of July Recess	Monday-Tuesday	July 3-4
First Session Ends	Friday	July 7
Second Session Begins	Monday	July 10
Commencement	Friday	August 11

August Intersession See Summer Schedule of Classes



MAYOR SLAGLE'S MESSAGE

Welcome:

The City of Maryville wishes to extend to you a welcome to our, and now your, community. To the new students, we wish to congratulate you for having selected Northwest Missouri State University for your higher education, and also, for the duration of your education, for selecting Maryville as your second "home-town."

Maryville has a variety of shops available to meet your many shopping needs. There is the up-town shopping area which is within walking distance of the college campus. Then, located on South Highway 71, is the Village Shopping Center and the Mary-Mart Shopping Center. We feel the shopping facilities offered in Maryville are equal to those of a larger community.

The officials and employees of this City are responsible for providing municipal services and facilities to you and every other citizen or visitor to Maryville. Please call on us for any information you may need concerning parks, streets, recreational programs, library, traffic laws, fire protection, police regulations, housing codes, water service, solid waste disposal, or the many other matters handled by the City administration. A call to City offices will put you in touch with a person who can either answer your question or find an answer for you. Offices are listed in the telephone book and City Hall is located at 415 North Market Street.

We are proud of Maryville and its opportunities. It is a privilege to welcome you to our community.

Very truly yours,

Marlin F. Slagle
Mayor

Football players prepare for season

Twenty-six returnees from the 42 who lettered on last year's 8-2 Bearcat football team that tied for third place in the Missouri Intercollegiate Athletic Association are back for 1977. So the 'Cats of second-year Coach Jim Redd, title contenders each season while making a mark as the NCAA Division II's 15th "winningest" team the past five seasons, should make a run at the conference title again.

The Bearcats began pre-season drills August 15 in preparation for the school's first 11-game schedule that features six home games and kicks off September 3 vs. Chadron State.

Leading the lettermen list are seven performers who earned some form of all-conference mention last year--senior 'Cat Back Mark Vansickle, senior offensive guard Mark Bowers, senior safety-punter Marty Albertson, junior quarterback Kirk Mathews, senior offensive tackle Mike Renfrow, junior running back Dan Montgomery and senior defensive tackle Joe Hederman.

NWMSU paced the MIAA in defense against the run and the pass last season, received national Top 10 voting consideration throughout the year, and had a shot at an undisputed MIAA title heading into the last weekend but fell to co-champion Northeast Missouri State.

Football schedule

Chadron State (4-0-0)	Maryville	Sept. 3 2:00 p.m.
Pittsburg State (6-5-0)	Maryville	Sept. 10 7:30 p.m.
William Jewell (11-19-1)	Liberty, MO	Sept. 17 7:30 p.m.
Fort Hays State (6-10-1)	Hays, KS	Sept. 24 7:30 p.m.
Central Arkansas (0-0-0)	Maryville	Oct. 1 7:30 p.m.
*Southwest Missouri State (21-30-3)	Springfield, MO	Oct. 8 7:30 p.m.
*Southeast Missouri State (21-24-2)	Cape Girardeau, MO	Oct. 15 8:00 p.m.
*Central Missouri State (33-20-2) (Homecoming)	Maryville	Oct. 22 2:00 p.m.
*Missouri-Rolla (20-23-1)	Rolla, MO	Oct. 29 1:30 p.m.
*Lincoln (4-5-0)	Maryville	Nov. 5 2:00 p.m.
*Northeast Missouri State (16-36-4)	Maryville	Nov. 12 2:00 p.m.

Overweight?

A permanent weight control program aimed at building good nutritional habits, regular patterns of exercise, and understanding of self is offered through the **Counseling Center** in cooperation with the **Student Health Center**.

Financial aids office provides assistance in college careers

Nearly one-half of the students on this campus are receiving some type of financial aid. This can come from many sources including the University, the federal government, the State of Missouri and many private individuals, organizations and businesses.

Information about the aid available can be obtained by visiting the Office of Student Financial Aids in 208 Administration Building. For those who have already been accepted to receive financial assistance, there are many things to remember.

Financial aid checks and scholarship authorizations will be available during fee payment of Sept. 1, 2, 6 and 7. They can be picked up at the financial aids table in the hallway of the first floor of the Administration Building.

Also, students who will be on the Work-Study Program this fall should report to the Office of Financial Aids for assistance in location of a Work-Study job and pick up cards for their employers to sign.

Students receiving financial aid should be especially concerned about academic progress. Those who fail to make satisfactory grades will not be permitted to continue to receive aid. Therefore, anyone anticipating academic difficulty should work closely with his adviser, teachers and the University Counseling Center.

All financial aid applicants should remember, also, that they must reapply each year. Applications for the 1978-79 year will be available on Jan. 1, 1978, and they should be completed by Apr. 30, 1978.

Your Campus Radio Station KDLX Welcomes You

Our request line is open all day
Call 582-2076



Campus Radio AM-56 FM-106.1